



SPORTS DAY

Swansea University Athletics Track

Wednesday 17th July 2024



9am	Leave Cefn Saeson
9:45am	Arrive at Swansea University Track
10am – 1:30pm	Have fun
1:30pm	Leave Swansea University Track
2:15pm	Arrive at Cefn Saeson

Staff Rota

Event	Staff	Runner
Stadium Announcer	DC	
Starters	BW, EE	EL, LY
Finish Line	BM, RF, CW	MJ, CB
Score Box	JM, LR	
Javelin	DE	HS, EP
Shot Putt	AH	JM, SS, LH
Long Jump	LW, SR	CJ, LG
High Jump	MT	EB, AG
Welly Throw	DB, AB	AB, JDJ
Tug of War	AD, AE	CB, LY
Egg and Spoon Race	LH, Gar Jeff, KJ	GB, BD
3 Legged Race	MD, LS, LS	GB, BD
Relay Change Over Boxes	EE, CB, BW, AH, DE	EL, LY, MJ, CB
Tuck Shop	HF, SL, CY	

		Staff
Crowd Control	9:45am - 12:00pm	LW, SR, AD, AE, LH, MD, LS, LS, AB, SG, SW, LM
Crowd Control	12:00pm – 1:30pm	DE, DB, MT, CF, Gar Jeff, KJ, CM, CH, AT, HH



Track Timetable

Event	Year group	Time	Staff
Starters: EE, BW			
1200m	Yr 7 Boys & Girls	10:05am	Finish Line: BM, KE, CW
1200m	Yr 8 & 9 Girls	10:20am	Finish Line: BM, KE, CW
1200m	Yr 8 & 9 Boys	10:35am	Finish Line: BM, KE, CW
800m	Yr 7 Boys & Girls	10:50am	Finish Line: BM, KE, CW
800m	Yr 8 & 9 Girls	11:05am	Finish Line: BM, KE, CW
800m	Yr 8 & 9 Boys	11:15am	Finish Line: BM, KE, CW
100m	Yr 7 Boys & Girls	11.25am	Finish Line: BM, KE, CW
100m	Yr 8 Boys & Girls	11:35am	Finish Line: BM, KE, CW
100m	Yr 9 Boys & Girls	11:45am	Finish Line: BM, KE, CW
200m	Yr 7 Boys & Girls	11:55am	Finish Line: BM, KE, CW
200m	Yr 8 Boys & Girls	12:05pm	Finish Line: BM, KE, CW
200m	Yr 9 Boys & Girls	12:15pm	Finish Line: BM, KE, CW
300m	Yr 7 Boys & Girls	12:25pm	Finish Line: BM, KE, CW
300m	Yr 8 Boys & Girls	12.35pm	Finish Line: BM, KE, CW
300m	Yr 9 Boys & Girls	12:45pm	Finish Line: BM, KE, CW
Egg and Spoon Race	Yr 7 Girls <i>Far side track</i>	11:30am	LH, Gar Jeff, KJ
Egg and Spoon Race	Yr 7 Boys <i>Far side track</i>	11:35am	LH, Gar Jeff, KJ
Egg and Spoon Race	Yr 8 Girls <i>Far side track</i>	11:40am	LH, Gar Jeff, KJ
Egg and Spoon Race	Yr 8 Boys <i>Far side track</i>	11:45am	LH, Gar Jeff, KJ
3 Legged Race	Yr 7 Girls <i>Far side track</i>	11:55am	MD, LS, LS
3 Legged Race	Yr 7 Boys <i>Far side track</i>	12:00pm	MD, LS, LS

3 Legged Race	Yr 8 Girls <i>Far side track</i>	12:05pm	MD, LS, LS
3 Legged Race	Yr 8 Boys <i>Far side track</i>	12:10pm	MD, LS, LS
RELAY (4 x 100m)	Yr 7 Girls	1:10pm	Finish Line: BM, KE, CW
RELAY (4 x 100m)	Yr 7 Boys	1:10pm	Finish Line: BM, KE, CW
RELAY (4 x 100m)	Yr 8 Girls	1:15pm	Finish Line: BM, KE, CW
RELAY (4 x 100m)	Yr 8 Boys	1:15pm	Finish Line: BM, KE, CW
RELAY (4 x 100m)	Yr 9 Girls	1:20pm	Finish Line: BM, KE, CW
RELAY (4 x 100m)	Yr 9 Boys	1:20pm	Finish Line: BM, KE, CW

Track timings take place over Field events – but please report to field events before going to the track.



Field Timetable



Event	Year group	Time	Location	Staff
Javelin	Yr 7 Boys	10.15am	Javelin Area	DE, DB
Javelin	Yr 7 Girls	10.35am	Javelin Area	DE, DB
Javelin	Yr 8 boys	11:55am	Javelin Area	DE, DB
Javelin	Yr 8 Girls	11:15am	Javelin Area	DE, DB
Javelin	Yr 9 Boys	11:35am	Javelin Area	DE, DB
Javelin	Yr 9 Girls	11:55am	Javelin Area	DE, DB
Shot Putt	Yr 7 Boys	11.00am	Shot Putt Area	AH
Shot Putt	Yr 7 Girls	11:30am	Shot Putt Area	AH
Shot Putt	Yr 8 Boys	12:00pm	Shot Putt Area	AH
Shot Putt	Yr 8 Girls	12:30pm	Shot Putt Area	AH
Shot Putt	Yr 9 Boys	12:00pm	Shot Putt Area	AH
Shot Putt	Yr 9 Girls	12:30pm	Shot Putt Area	AH
High Jump	Yr 7 Girls	10:30am	High Jump Bed	MT
High Jump	Yr 7 boys	11:00am	High Jump Bed	MT
High Jump	Yr 8 Girls	11:30am	High Jump Bed	MT
High Jump	Yr 8 Boys	12:00pm	High Jump Bed	MT
High Jump	Yr 9 Girls	11:30am	High Jump Bed	MT
High Jump	Yr 9 Boys	12:00pm	High Jump Bed	MT
Long Jump	Yr 7 Girls	11.15am	Long Jump Pit	LW & SR
Long Jump	Yr 7 boys	11:45pm	Long Jump Pit	LW & SR
Long Jump	Yr 8 Girls	12:15pm	Long Jump Pit	LW & SR
Long Jump	Yr 8 Boys	12.45pm	Long Jump Pit	LW & SR
Long Jump	Yr 9 Girls	12:15pm	Long Jump Pit	LW & SR
Long Jump	Yr 9 Boys	12.45pm	Long Jump Pit	LW & SR
Welly Throw	Yr 7 Girls	11.00am	Discus Area	AB, SG
Welly Throw	Yr 7 Boys	11:30am	Discus Area	AB, SG
Welly Throw	Yr 8 Girls	12:00pm	Discus Area	AB, SG

Welly Throw	Yr 8 Boys	12:30pm	Discus Area	AB, SG
Tug of War	Yr 7 Girls & Boys	12:45pm	In front of Stand	AE, AD
Tug of War	Yr 8 Girls & Boys	12:45pm	In front of Stand	AE, AD
Tug of War	Yr 9 Girls & Boys	12:45pm	In front of Stand	AE, AD